

**USDA National Nutrient Database for Standard Reference, Release 16-1**  
**Vitamin A, IU (IU) Content of Selected Foods per Common Measure, sorted alphabetically**

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.000
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.000
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	2.400
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.000
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	2.820
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.000
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.000
11001	Alfalfa seeds, sprouted, raw	33	1 cup	51.150
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	2.480
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.000
09003	Apples, raw, with skin	138	1 apple	74.520
09004	Apples, raw, without skin	110	1 cup	41.800
09020	Applesauce, canned, sweetened, without salt	255	1 cup	28.050
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	70.760
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	3303.160
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	3173.400
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	4126.040
09032	Apricots, dried, sulfured, uncooked	35	10 halves	1261.400
09021	Apricots, raw	35	1 apricot	674.100
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	297.360
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	212.400
11015	Asparagus, canned, drained solids	72	4 spears	591.840
11012	Asparagus, cooked, boiled, drained	60	4 spears	603.600
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	1450.800
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	483.600
09038	Avocados, raw, California	28.35	1 oz	41.675
09039	Avocados, raw, Florida	28.35	1 oz	39.690
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	51.830
18005	Bagels, cinnamon-raisin	89	4" bagel	64.970
18003	Bagels, egg	89	4" bagel	97.010
18003	Bagels, egg	71	3-1/2" bagel	77.390
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.000
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.000
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	3.402
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.000
11028	Bamboo shoots, canned, drained solids	131	1 cup	17.030
09040	Bananas, raw	118	1 banana	75.520

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09040	Bananas, raw	150	1 cup	96.000
20006	Barley, pearled, cooked	157	1 cup	10.990
20005	Barley, pearled, raw	200	1 cup	44.000
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	274.320
16008	Beans, baked, canned, with franks	259	1 cup	225.330
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	63.250
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	209.990
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	10.320
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	1.770
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.000
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.000
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	3.640
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.000
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	587.250
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	875.000
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	751.950
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	141.750
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	101.250
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	151.200
16051	Beans, white, mature seeds, canned	262	1 cup	0.000
22905	Beef stew, canned entree	232	1 cup	3860.480
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.000
13350	Beef, cured, dried	28.35	1 oz	0.000
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.000
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.000
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.000
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.000
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.000
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	22174.800
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	11021.760

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11084	Beets, canned, drained solids	24	1 beet	5.760
11084	Beets, canned, drained solids	170	1 cup	40.800
11081	Beets, cooked, boiled, drained	50	1 beet	17.500
11081	Beets, cooked, boiled, drained	170	1 cup	59.500
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	82.820
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	49.200
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.000
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.000
09042	Blackberries, raw	144	1 cup	308.160
09055	Blueberries, frozen, sweetened	230	1 cup	112.700
09050	Blueberries, raw	145	1 cup	78.300
07008	Bologna, beef and pork	56.7	2 slices	47.628
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	7966.917
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.000
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	15.600
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	516.000
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	295.800
18023	Bread, cornbread, dry mix, prepared	60	1 piece	123.000
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	180.050
18025	Bread, cracked-wheat	25	1 slice	0.000
18027	Bread, egg	40	1/2" slice	84.800
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.000
18031	Bread, indian (navajo) fry	90	5" bread	0.000
18031	Bread, indian (navajo) fry	160	10-1/2" bread	0.000
18033	Bread, italian	20	1 slice	0.000
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.000
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.000
18039	Bread, oatmeal	27	1 slice	4.320
18040	Bread, oatmeal, toasted	25	1 slice	3.750
18041	Bread, pita, white, enriched	28	4" pita	0.000
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.000
18044	Bread, pumpernickel	32	1 slice	0.000
18045	Bread, pumpernickel, toasted	29	1 slice	0.000
18047	Bread, raisin, enriched	26	1 slice	0.000
18048	Bread, raisin, toasted, enriched	24	1 slice	0.000
18053	Bread, reduced-calorie, rye	23	1 slice	0.920
18055	Bread, reduced-calorie, wheat	23	1 slice	0.000
18057	Bread, reduced-calorie, white	23	1 slice	0.690
18060	Bread, rye	32	1 slice	2.560
18061	Bread, rye, toasted	24	1 slice	1.920
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.000
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.000
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.000

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18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.000
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.000
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.840
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.750
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	635.400
21023	Breakfast items, french toast with butter	135	2 slices	472.500
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	3068.520
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	727.790
11740	Broccoli, flower clusters, raw	11	1 floweret	330.000
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	2057.120
11090	Broccoli, raw	31	1 spear	204.600
11090	Broccoli, raw	88	1 cup	580.800
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	1209.000
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	1435.300
20011	Buckwheat flour, whole-groat	120	1 cup	0.000
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.000
20013	Bulgur, cooked	182	1 cup	3.640
20012	Bulgur, dry	140	1 cup	12.600
01001	Butter, salted	14.2	1 tbsp	354.858
01145	Butter, without salt	14.2	1 tbsp	354.858
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	7223.300
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	1150.730
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	210.000
11109	Cabbage, raw	70	1 cup	119.700
11112	Cabbage, red, raw	70	1 cup	781.200
11114	Cabbage, savoy, raw	70	1 cup	700.000
18086	Cake, angelfood, commercially prepared	28	1 piece	0.000
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.000
18090	Cake, boston cream pie, commercially prepared	92	1 piece	75.440
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	54.400
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	133.000
18110	Cake, fruitcake, commercially prepared	43	1 piece	12.470
18116	Cake, gingerbread, prepared from recipe	74	1 piece	35.520
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	290.950
18120	Cake, pound, commercially prepared, butter	28	1 piece	169.680
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	26.600
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	46.800
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	8.500
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	7.225
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.000
18133	Cake, sponge, commercially prepared	30	1 shortcake	46.200
18134	Cake, sponge, prepared from recipe	63	1 piece	162.540
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	47.040

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18139	Cake, white, prepared from recipe without frosting	74	1 piece	38.480
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	70.400
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	40.320
19074	Candies, caramels	10.1	1 piece	0.505
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.070
19071	Candies, carob	28.35	1 oz	0.567
19087	Candies, confectioner's coating, white	170	1 cup	47.600
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	27.030
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	26.600
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	22.650
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	26.880
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19107	Candies, hard	3	1 small piece	0.000
19107	Candies, hard	6	1 piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	37.800
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	6.650
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	18.600
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	11.520
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	39.040
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	86.640
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.000
19116	Candies, marshmallows	50	1 cup	0.000
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	76.560
19126	Candies, milk chocolate coated peanuts	40	10 pieces	49.200
19127	Candies, milk chocolate coated raisins	10	10 pieces	8.500
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	63.960
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	61.250
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.140
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	30.360
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	25.200
19080	Candies, semisweet chocolate	168	1 cup	0.000
09060	Carambola, (starfruit), raw	91	1 fruit	55.510
09060	Carambola, (starfruit), raw	108	1 cup	65.880
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000

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14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	1.120
11655	Carrot juice, canned	236	1 cup	45132.640
11960	Carrots, baby, raw	10	1 medium	1379.000
11128	Carrots, canned, regular pack, drained solids	146	1 cup	16308.200
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	26835.120
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	24273.960
11124	Carrots, raw	72	1 carrot	8665.920
11124	Carrots, raw	110	1 cup	13239.600
11935	Catsup	6	1 packet	55.980
11935	Catsup	15	1 tbsp	139.950
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	6.480
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	14.880
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	18.000
11135	Cauliflower, raw	100	1 cup	13.000
11135	Cauliflower, raw	13	1 floweret	1.690
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	868.500
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	217.125
11143	Celery, raw	40	1 stalk	179.600
11143	Celery, raw	120	1 cup	538.800
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	500.100
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	392.700
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	500.100
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	500.100
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	500.100
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.000
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	501.300
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	500.100
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	500.100
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	500.100
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.000
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.000
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	531.300
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	500.100
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.000
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	500.400
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	516.770
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	427.800
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	499.950

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08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	500.100
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	300.000
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	500.100
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	500.100
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	524.100
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	156.000
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	508.400
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	761.250
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	501.200
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	502.820
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	499.960
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	483.000
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	533.200
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.000
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	750.000
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	516.670
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	509.850
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	504.000
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	508.950
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	766.940
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.000
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	0.000
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	39.690
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	37.440
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	40.770
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	718.340
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	9.000
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	5.610
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	9.920
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	12.800
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.000
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	7.333
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.000
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.000
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	75.020
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	1252.440
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.000

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08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.000
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.000
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	946.950
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.000
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	1.370
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	1055.550
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	1069.820
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.000
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	215.744
01164	Cheese sauce, prepared from recipe	243	1 cup	1472.580
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	185.126
01004	Cheese, blue	28.35	1 oz	216.311
01007	Cheese, camembert	38	1 wedge	311.600
01009	Cheese, cheddar	28.35	1 oz	284.067
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	342.300
01013	Cheese, cottage, creamed, with fruit	226	1 cup	329.960
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	92.660
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	176.280
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	43.500
01017	Cheese, cream	14.5	1 tbsp	195.170
01186	Cheese, cream, fat free	15.6	1 tbsp	146.016
01019	Cheese, feta	28.35	1 oz	119.637
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	58.685
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	146.570
01026	Cheese, mozzarella, whole milk	28.35	1 oz	191.646
01030	Cheese, muenster	28.35	1 oz	286.902
01031	Cheese, neufchatel	28.35	1 oz	321.489
01032	Cheese, parmesan, grated	5	1 tbsp	22.100
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	272.444
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	211.491
01035	Cheese, provolone	28.35	1 oz	249.480
01037	Cheese, ricotta, part skim milk	246	1 cup	944.640
01036	Cheese, ricotta, whole milk	246	1 cup	1094.700
01040	Cheese, swiss	28.35	1 oz	235.305
18147	Cheesecake commercially prepared	80	1 piece	437.600
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	1839.760
09070	Cherries, sweet, raw	68	10 cherries	43.520
22906	Chicken pot pie, frozen entree	217	1 small pie	2285.010
07017	Chicken roll, light meat	56.7	2 slices	46.494

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05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	93.800
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	49.000
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	17.200
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	66.360
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	61.920
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	41.160
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	26.400
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	8510.050
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	25.200
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	21.780
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	81.700
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	34.840
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	55.370
05277	Chicken, canned, meat only, with broth	142	5 oz	160.460
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	2612.288
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	156.800
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	57.600
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	44.280
22904	Chili con carne with beans, canned entree	222	1 cup	883.560
11156	Chives, raw	3	1 tbsp	130.590
14181	Chocolate syrup	18.75	1 tbsp	0.188
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.864
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	250.040
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.000
14192	Cocoa mix, powder	28.35	3 heaping tsp	3.969
14194	Cocoa mix, powder, prepared with water	206	1 serving	4.120
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	92.160
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.000
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.000
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.000
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	69.930
11159	Coleslaw, home-prepared	120	1 cup	440.400
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	15416.600
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	19538.100
18151	Cookies, brownies, commercially prepared	56	1 brownie	38.640
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.000
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	30.000
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.000
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.200

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18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	109.280
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	15.340
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.200
18170	Cookies, fig bars	16	1 cookie	5.280
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	1.680
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.280
18177	Cookies, molasses	15	1 cookie, medium	0.000
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.000
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.000
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	4.500
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	4.800
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	101.550
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	1.500
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	129.400
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.420
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	6.880
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	13.500
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	143.920
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	6.150
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.000
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.000
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	1.200
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	1.540
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	189.440
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	170.100
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	202.510
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	326.360
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	146.160
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	295.320
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	569.940
20020	Cornmeal, whole-grain, yellow	122	1 cup	261.080
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	0.000
20028	Couscous, dry	173	1 cup	0.000
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	1305.150
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	127.500
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	31.200
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	25.800
18214	Crackers, cheese, regular	10	10 crackers	10.900
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.140

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18217	Crackers, matzo, plain	28.35	1 matzo	0.000
18220	Crackers, melba toast, plain	20	4 pieces	0.000
18226	Crackers, rye, wafers, plain	11	1 wafer	0.550
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.000
18229	Crackers, standard snack-type, regular	12	4 crackers	0.000
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	4.340
18232	Crackers, wheat, regular	8	4 crackers	0.000
18235	Crackers, whole-wheat	16	4 crackers	0.000
14242	Cranberry juice cocktail, bottled	253	8 fl oz	10.120
09081	Cranberry sauce, canned, sweetened	57	1 slice	23.940
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	2.250
01069	Cream substitute, powdered	2	1 tsp	0.660
01049	Cream, fluid, half and half	15	1 tbsp	53.100
01053	Cream, fluid, heavy whipping	15	1 tbsp	220.500
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	98.400
01052	Cream, fluid, light whipping	15	1 tbsp	151.950
01056	Cream, sour, cultured	12	1 tbsp	77.760
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	55.800
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	20.550
18239	Croissants, butter	57	1 croissant	424.080
18243	Croutons, seasoned	40	1 cup	12.800
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	24.650
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	56.950
15141	Crustaceans, crab, blue, canned	135	1 cup	9.450
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	5.950
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	151.200
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	73.950
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	51.030
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	160.650
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	85.050
11206	Cucumber, peeled, raw	280	1 large	201.600
11206	Cucumber, peeled, raw	119	1 cup	85.680
11205	Cucumber, with peel, raw	301	1 large	316.050
11205	Cucumber, with peel, raw	104	1 cup	109.200
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	10412.850
18245	Danish pastry, cheese	71	1 danish	90.880
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	36.210
09087	Dates, deglet noor	41.5	5 dates	4.150
09087	Dates, deglet noor	178	1 cup	17.800
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	4.920
01072	Dessert topping, pressurized	4	1 tbsp	3.120
01073	Dessert topping, semi solid, frozen	4	1 tbsp	5.720

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02045	Dill weed, fresh	1	5 sprigs	77.180
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	65.330
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	19.460
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	2.470
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	11.400
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	170.170
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	828.000
01143	Egg substitute, liquid	62.75	1/4 cup	225.900
01124	Egg, white, raw, fresh	33.4	1 large	0.000
01128	Egg, whole, cooked, fried	46	1 large	335.340
01129	Egg, whole, cooked, hard-boiled	50	1 large	293.000
01131	Egg, whole, cooked, poached	50	1 large	242.500
01132	Egg, whole, cooked, scrambled	61	1 large	320.860
01123	Egg, whole, raw, fresh	50	1 large	243.500
01123	Egg, whole, raw, fresh	44	1 medium	214.280
01123	Egg, whole, raw, fresh	58	1 extra large	282.460
01125	Egg, yolk, raw, fresh	16.6	1 large	239.372
01057	Eggnog	254	1 cup	406.400
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	36.630
11213	Endive, raw	50	1 cup	1083.500
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.000
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.000
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	34.580
21049	Entrees, pizza with cheese	63	1 slice	382.410
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	523.770
21051	Entrees, pizza with pepperoni	71	1 slice	281.870
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	624.960
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	317.625
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	613.200
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	276.800
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	331.700
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	398.400
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	462.170
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	100.100
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	16.960
21042	Fast foods, chili con carne	253	1 cup	1662.210
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	146.160
21043	Fast foods, clams, breaded and fried	115	3/4 cup	121.900
21127	Fast foods, coleslaw	99	3/4 cup	337.590
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	472.140
21015	Fast foods, danish pastry, cheese	91	1 pastry	154.700
21017	Fast foods, danish pastry, fruit	94	1 pastry	85.540

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21074	Fast foods, enchilada, with cheese	163	1 enchilada	1160.560
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	586.360
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	431.880
21024	Fast foods, french toast sticks	141	5 sticks	7.050
21077	Fast foods, frijoles with cheese	167	1 cup	455.910
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	101.700
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	53.750
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	74.200
21118	Fast foods, hotdog, plain	98	1 sandwich	0.000
21119	Fast foods, hotdog, with chili	114	1 sandwich	58.140
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	206.500
21129	Fast foods, hush puppies	78	5 pieces	93.600
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	211.150
21078	Fast foods, nachos, with cheese	113	6-8 nachos	559.350
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	8.300
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	280.720
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.000
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.000
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.000
21139	Fast foods, potato, mashed	80	1/3 cup	32.800
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	18.000
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	209.890
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	822.430
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	935.220
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	119.720
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	424.080
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	412.560
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	186.880
21033	Fast foods, sundae, hot fudge	158	1 sundae	221.200
21082	Fast foods, taco	171	1 small	855.000
21082	Fast foods, taco	263	1 large	1315.000
21083	Fast foods, taco salad	198	1-1/2 cups	588.060
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	1275.750
09094	Figs, dried, uncooked	38	2 figs	3.800
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	23.800
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	39.950
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	27.200
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	61.560
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	30.240
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	54.610
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	36.550
15034	Fish, haddock, cooked, dry heat	150	1 fillet	94.500

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15034	Fish, haddock, cooked, dry heat	85	3 oz	53.550
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	152.150
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	284.610
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	731.430
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	39.100
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	23.000
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	70.550
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	49.800
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	202.300
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	354.620
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	68.850
15077	Fish, salmon, chinook, smoked	85.05	3 oz	73.994
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	48.450
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	323.950
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	177.650
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	91.854
15111	Fish, swordfish, cooked, dry heat	106	1 piece	145.220
15111	Fish, swordfish, cooked, dry heat	85	3 oz	116.450
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	243.950
15128	Fish, tuna salad	205	1 cup	198.850
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	65.489
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	48.450
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	17.000
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	57.800
07022	Frankfurter, beef	45	1 frank	0.000
07023	Frankfurter, beef and pork	45	1 frank	26.100
07024	Frankfurter, chicken	45	1 frank	58.500
18268	French toast, frozen, ready-to-heat	59	1 slice	110.330
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	326.950
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.380
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.000
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	13.860
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	115.200
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	152.640
19294	Fruit butters, apple	17	1 tbsp	1.530
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	508.400
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	722.850
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	69.440
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	805.000
11215	Garlic, raw	3	1 clove	0.000
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000

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19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
14277	Grape drink, canned	250	8 fl oz	0.000
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	20.240
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	20.000
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	58.320
09404	Grapefruit juice, pink, raw	247	1 cup	1086.800
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	17.500
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	17.290
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	22.230
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	64.170
09128	Grapefruit juice, white, raw	247	1 cup	81.510
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	1414.500
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	38.940
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.000
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	105.600
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	33.000
06116	Gravy, beef, canned	58.25	1/4 cup	1.748
06119	Gravy, chicken, canned	59.5	1/4 cup	1.785
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.000
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.000
06125	Gravy, turkey, canned	59.6	1/4 cup	0.000
07027	Ham, chopped, not canned	21	2 slices	0.000
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.000
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.000
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	513.600
11961	Hearts of palm, canned	33	1 piece	0.000
19296	Honey	21	1 tbsp	0.000
02055	Horseradish, prepared	5	1 tsp	0.100
16158	Hummus, commercial	14	1 tbsp	4.200
19270	Ice creams, chocolate	66	1/2 cup	274.560
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	506.540
19095	Ice creams, vanilla	66	1/2 cup	278.520
19088	Ice creams, vanilla, light	66	1/2 cup	318.120
19089	Ice creams, vanilla, rich	74	1/2 cup	483.220
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	193.720
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19297	Jams and preserves	20	1 tbsp	0.000
19300	Jellies	19	1 tbsp	0.950
11226	Jerusalem-artichokes, raw	150	1 cup	30.000
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	17707.300

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11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	19115.200
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	506.450
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	66.120
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	57.750
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.000
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.000
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.000
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.000
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.000
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.000
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	47.840
09153	Lemon juice, canned or bottled	244	1 cup	36.600
09153	Lemon juice, canned or bottled	15.2	1 tbsp	2.280
09152	Lemon juice, raw	47	juice of 1 lemon	8.930
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	4.960
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
09150	Lemons, raw, without peel	58	1 lemon	12.760
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	15.840
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	5398.560
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	248.400
11251	Lettuce, cos or romaine, raw	56	1 cup	3251.920
11251	Lettuce, cos or romaine, raw	10	1 leaf	580.700
11253	Lettuce, green leaf, raw	10	1 leaf	740.500
11253	Lettuce, green leaf, raw	56	1 cup	4146.800
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	177.100
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	25.760

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11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	1735.580
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	300.600
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	323.000
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.000
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.000
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	39.360
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	2.464
09160	Lime juice, raw	38	juice of 1 lime	19.000
22247	Macaroni and Cheese, canned entree	252	1 cup	209.160
20100	Macaroni, cooked, enriched	140	1 cup	0.000
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	2750.580
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	3031.600
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	2222.220
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	2496.300
09176	Mangos, raw	207	1 mango	1583.550
09176	Mangos, raw	165	1 cup	1262.250
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	507.934
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	504.357
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	171.408
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	510.653
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	171.408
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	507.934
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	171.696
09181	Melons, cantaloupe, raw	69	1/8 melon	2333.580
09181	Melons, cantaloupe, raw	160	1 cup	5411.200
09184	Melons, honeydew, raw	170	1 cup	85.000
09184	Melons, honeydew, raw	160	1/8 melon	80.000
01110	Milk shakes, thick chocolate	300	10.6 fl oz	201.000
01111	Milk shakes, thick vanilla	313	11 fl oz	284.830
01094	Milk, buttermilk, dried	6.5	1 tbsp	11.375
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	63.700
01095	Milk, canned, condensed, sweetened	306	1 cup	817.020
01097	Milk, canned, evaporated, nonfat	256	1 cup	1008.640
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	587.160
01102	Milk, chocolate, fluid, commercial,	250	1 cup	237.500
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	490.000
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	472.500
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	543.950
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	478.240
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	499.800
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	461.160

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01077	Milk, whole, 3.25% milkfat	244	1 cup	248.880
16112	Miso	68.75	1 cup	59.813
19305	Molasses, blackstrap	20	1 tbsp	0.000
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	512.550
15157	Mollusks, clam, mixed species, raw	85	3 oz	255.000
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	256.700
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	84.000
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	69.750
18274	Muffins, blueberry, commercially prepared	57	1 muffin	51.300
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	80.370
18279	Muffins, corn, commercially prepared	57	1 muffin	118.560
18280	Muffins, corn, dry mix, prepared	50	1 muffin	105.000
18283	Muffins, oat bran	57	1 muffin	0.000
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	64.600
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	16.120
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	21.840
11264	Mushrooms, canned, drained solids	156	1 cup	0.000
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.000
11260	Mushrooms, raw	70	1 cup	0.000
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.000
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.000
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	8852.200
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	6.600
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.160
09191	Nectarines, raw	136	1 nectarine	451.520
20113	Noodles, chinese, chow mein	45	1 cup	0.450
20110	Noodles, egg, cooked, enriched	160	1 cup	32.000
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	164.800
12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.418
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.000
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.000
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.000
12167	Nuts, chestnuts, european, roasted	143	1 cup	34.320
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.000
12104	Nuts, coconut meat, raw	45	1 piece	0.000
12120	Nuts, hazelnuts or filberts	28.35	1 oz	5.670
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.000
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1.418
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	1.985
12142	Nuts, pecans	28.35	1 oz (20 halves)	15.876
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	8.222
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	2.494

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12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	74.277
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	5.670
20034	Oat bran, cooked	219	1 cup	0.000
20033	Oat bran, raw	94	1 cup	0.000
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	452.800
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	623.760
09193	Olives, ripe, canned (small-extra large)	22	5 large	88.660
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	135.000
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	4.200
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	1.880
11284	Onions, dehydrated flakes	5	1 tbsp	1.050
11282	Onions, raw	14	1 slice	0.280
11282	Onions, raw	160	1 cup	3.200
11282	Onions, raw	110	1 whole	2.200
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	997.000
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	149.550
09207	Orange juice, canned, unsweetened	249	1 cup	435.750
09209	Orange juice, chilled, includes from concentrate	249	1 cup	194.220
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	266.430
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	807.270
09206	Orange juice, raw	86	juice from 1 orange	172.000
09206	Orange juice, raw	248	1 cup	496.000
09200	Oranges, raw, all commercial varieties	180	1 cup	405.000
09200	Oranges, raw, all commercial varieties	131	1 orange	294.750
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	36.360
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	12.160
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	95.000
09226	Papayas, raw	140	1 cup	1531.600
09226	Papayas, raw	304	1 papaya	3325.760
11297	Parsley, raw	10	10 sprigs	842.400
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.000
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	919.800
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	869.840
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	325.360

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09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	944.880
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	373.380
09246	Peaches, dried, sulfured, uncooked	39	3 halves	843.570
09250	Peaches, frozen, sliced, sweetened	250	1 cup	710.000
09236	Peaches, raw	98	1 peach	319.480
09236	Peaches, raw	170	1 cup	554.200
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.000
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.000
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.000
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.000
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.000
09340	Pears, asian, raw	122	1 pear	0.000
09340	Pears, asian, raw	275	1 pear	0.000
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.000
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.000
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	14.880
09254	Pears, canned, juice pack, solids and liquids	76	1 half	4.560
09252	Pears, raw	166	1 pear	38.180
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	1736.000
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	2097.600
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	906.100
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	3360.000
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	13.720
11670	Peppers, hot chili, green, raw	45	1 pepper	530.550
11819	Peppers, hot chili, red, raw	45	1 pepper	428.400
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	442.000
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	397.120
11333	Peppers, sweet, green, raw	119	1 pepper	440.300
11333	Peppers, sweet, green, raw	10	1 ring	37.000
11333	Peppers, sweet, green, raw	149	1 cup	551.300
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	7475.920
11821	Peppers, sweet, red, raw	149	1 cup	4665.190
11821	Peppers, sweet, red, raw	119	1 pepper	3725.890
11945	Pickle relish, sweet	15	1 tbsp	27.450
11937	Pickles, cucumber, dill	65	1 pickle	118.950
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	1974.140
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.000
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.000
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.000
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	151.700
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	146.250
18302	Pie, apple, prepared from recipe	155	1 piece	89.900
18305	Pie, blueberry, commercially prepared	117	1 piece	235.170

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18306	Pie, blueberry, prepared from recipe	147	1 piece	61.740
18308	Pie, cherry, commercially prepared	117	1 piece	312.390
18309	Pie, cherry, prepared from recipe	180	1 piece	736.200
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.000
18316	Pie, coconut custard, commercially prepared	104	1 piece	114.400
18444	Pie, fried pies, cherry	128	1 pie	220.160
18319	Pie, fried pies, fruit	128	1 pie	34.560
18320	Pie, lemon meringue, commercially prepared	113	1 piece	195.490
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	203.200
18324	Pie, pecan, commercially prepared	113	1 piece	197.750
18325	Pie, pecan, prepared from recipe	122	1 piece	435.540
18326	Pie, pumpkin, commercially prepared	109	1 piece	3698.370
18327	Pie, pumpkin, prepared from recipe	155	1 piece	12431.000
11943	Pimento, canned	12	1 tbsp	318.600
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	5.000
14341	Pineapple and orange juice drink, canned	250	8 fl oz	47.500
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	12.500
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	6.860
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	35.560
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	94.620
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	17.860
09266	Pineapple, raw, all varieties	155	1 cup	86.800
09278	Plantains, cooked	154	1 cup	1399.860
09277	Plantains, raw	179	1 medium	2017.330
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	668.220
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	119.140
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	2542.680
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	464.140
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	848.160
09291	Plums, dried (prunes), uncooked	42	5 prunes	328.020
09279	Plums, raw	66	1 plum	227.700
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.000
07064	Pork sausage, fresh, cooked	27	1 patty	21.330
07064	Pork sausage, fresh, cooked	26	2 links	20.540
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	7.030
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.000
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.000
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.000
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.000
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	7.650
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	8.500
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	8.500
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	7.650

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10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	5.950
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	6.800
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	5.950
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	5.100
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	5.100
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	6.800
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	8.500
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	5.950
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	8.500
11672	Potato pancakes, home-prepared	76	1 pancake	108.680
11399	Potato puffs, frozen, prepared	79	10 puffs	3.950
11414	Potato salad, home-prepared	250	1 cup	392.500
11674	Potato, baked, flesh and skin, without salt	202	1 potato	20.200
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	521.850
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	646.800
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.000
11364	Potatoes, baked, skin, without salt	58	1 skin	5.800
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	4.080
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	4.050
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	4.680
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	2.500
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.000
11370	Potatoes, hashed brown, home-prepared	156	1 cup	7.800
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	331.800
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	37.800
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	375.900
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	362.600
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	330.750
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.000
09294	Prune juice, canned	256	1 cup	7.680
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	249.900
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	249.920
19183	Puddings, chocolate, ready-to-eat	113	4 oz	40.680
19193	Puddings, rice, ready-to-eat	113.4	4 oz	96.390
19218	Puddings, tapioca, ready-to-eat	113	4 oz	1.130
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	224.000
19201	Puddings, vanilla, ready-to-eat	113	4 oz	23.730
11424	Pumpkin, canned, without salt	245	1 cup	38129.350

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11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	12230.400
11429	Radishes, raw	4.5	1 radish	0.315
09298	Raisins, seedless	145	1 cup	0.000
09298	Raisins, seedless	14	1 packet	0.000
09306	Raspberries, frozen, red, sweetened	250	1 cup	150.000
09302	Raspberries, raw	123	1 cup	40.590
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.000
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	175.200
14342	Rice beverage, RICE DREAM, canned	245	1 cup	4.900
20037	Rice, brown, long-grain, cooked	195	1 cup	0.000
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.000
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.000
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.000
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.000
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.000
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.280
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.000
18353	Rolls, hard (includes kaiser)	57	1 roll	0.000
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	3.400
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	38.862
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	72.384
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	88.183
04133	Salad dressing, french, home recipe	14	1 tbsp	71.960
04134	Salad dressing, home recipe, cooked	16	1 tbsp	27.360
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	5.292
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	1.800
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	38.640
04015	Salad dressing, russian dressing	15.3	1 tbsp	46.206
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	5.379
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	47.583
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	33.228
07069	Salami, cooked, beef and pork	56.7	2 slices	0.000
07072	Salami, dry or hard, pork, beef	20	2 slices	0.000
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	13.050
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	405.600
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	153.000
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	311.740
06150	Sauce, barbecue sauce	15.75	1 tbsp	3.308
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	199.080

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06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.960
06166	Sauce, homemade, white, medium	250	1 cup	817.500
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	127.890
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1835.000
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	7.614
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	107.200
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
11439	Sauerkraut, canned, solids and liquids	236	1 cup	42.480
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.000
11445	Seaweed, kelp, raw	10	2 tbsp	11.600
11667	Seaweed, spirulina, dried	0.93	1 tbsp	5.301
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	107.730
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	10.050
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	5.280
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	7.360
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	6.521
14346	Shake, fast food, chocolate	333	16 fl oz	309.690
14347	Shake, fast food, vanilla	333	16 fl oz	432.900
11677	Shallots, raw	10	1 tbsp	119.000
19097	Sherbet, orange	74	1/2 cup	33.300
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.000
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	41.108
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	173.219
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	26.649
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	34.587
19013	Snacks, fruit leather, pieces	28.35	1 oz	16.443
19014	Snacks, fruit leather, rolls	21	1 large	12.180
19015	Snacks, granola bars, hard, plain	28.35	1 bar	42.809
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	7.088
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	12.191
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.000
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	749.990
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	237.600
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.000
19034	Snacks, popcorn, air-popped	8	1 cup	15.680
19036	Snacks, popcorn, cakes	10	1 cake	7.200
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	32.760
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	2.816
19040	Snacks, popcorn, cheese-flavor	11	1 cup	26.840
19035	Snacks, popcorn, oil-popped	11	1 cup	16.940
19041	Snacks, pork skins, plain	28.35	1 oz	11.340

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19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	61.520
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.000
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.000
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	214.043
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.000
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.000
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.000
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	48.195
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.000
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.000
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	105.179
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	107.730
19056	Snacks, tortilla chips, plain	28.35	1 oz	22.964
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	64.240
19061	Snacks, trail mix, tropical	140	1 cup	68.600
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	3951.180
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	888.030
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.000
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.000
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	122.000
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	1221.600
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	696.490
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	27.753
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	5990.400
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	448.260
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	995.520
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	193.440
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	561.200
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	714.240
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	124.000
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	48.800
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	2337.700
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	1.950
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.000
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	202.500
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	919.560

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06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	1644.320
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	951.060
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	1356.830
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	244.000
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	3196.340
06174	Soup, stock, fish, home-prepared	233	1 cup	13.980
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	478.640
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	478.240
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	1891.000
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	5820.000
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	2316.010
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1.200
16120	Soy milk, fluid	245	1 cup	78.400
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.000
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	280.800
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	15.480
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	894.280
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.000
20125	Spaghetti, whole-wheat, cooked	140	1 cup	4.200
02007	Spices, celery seed	2	1 tsp	1.040
02009	Spices, chili powder	2.6	1 tsp	770.900
02010	Spices, cinnamon, ground	2.3	1 tsp	6.440
02015	Spices, curry powder	2	1 tsp	19.720
02020	Spices, garlic powder	2.8	1 tsp	0.000
02026	Spices, onion powder	2.1	1 tsp	0.000
02027	Spices, oregano, dried	1.5	1 tsp	103.545
02028	Spices, paprika	2.1	1 tsp	1107.435
02029	Spices, parsley, dried	1.3	1 tbsp	132.392
02030	Spices, pepper, black	2.1	1 tsp	6.279
11658	Spinach souffle, home-prepared	136	1 cup	2883.200
11461	Spinach, canned, drained solids	214	1 cup	20974.140
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	18865.800
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	22915.900
11457	Spinach, raw	30	1 cup	2813.100
11457	Spinach, raw	10	1 leaf	937.700
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	381.600
11641	Squash, summer, all varieties, raw	113	1 cup	226.000
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	10707.150
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	8013.600
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	61.200

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09316	Strawberries, raw	12	1 strawberry	1.440
09316	Strawberries, raw	166	1 cup	19.920
09316	Strawberries, raw	18	1 strawberry	2.160
19334	Sugars, brown	3.2	1 tsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	128.400
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.600
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	14027.720
11512	Sweetpotato, canned, vacuum pack	255	1 cup	20356.650
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	28058.280
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	24601.200
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	4398.450
19348	Syrups, chocolate, fudge-type	19	1 tbsp	3.040
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
18360	Taco shells, baked	13.3	1 medium	0.266
09223	Tangerine juice, canned, sweetened	249	1 cup	629.970
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	2116.800
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	567.000
20068	Tapioca, pearl, dry	152	1 cup	0.000
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000
14545	Tea, herb, chamomile, brewed	178	6 fl oz	35.600
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	493.000
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	501.800
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	500.240
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.000
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	8.400
11954	Tomatillos, raw	34	1 medium	38.760
11540	Tomato juice, canned, with salt added	243	1 cup	1093.500
11546	Tomato products, canned, paste, without salt added	262	1 cup	3995.500
11547	Tomato products, canned, puree, without salt added	250	1 cup	1275.000
11549	Tomato products, canned, sauce	245	1 cup	852.600
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	443.700
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	280.800

**USDA National Nutrient Database for Standard Reference, Release 16-1**  
**Vitamin A, IU (IU) Content of Selected Foods per Common Measure, sorted alphabetically**

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	1499.400
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	141.610
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	166.600
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	1024.590
11955	Tomatoes, sun-dried	2	1 piece	17.480
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	38.580
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.520
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.000
21088	Tostada with guacamole	130.5	1 tostada	875.655
05286	Turkey and gravy, frozen	142	5-oz package	59.640
05292	Turkey patties, breaded, battered, fried	64	1 patty	23.680
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.000
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.000
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	51895.500
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.000
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.000
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.000
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	10980.000
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	17654.600
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.000
02050	Vanilla extract	4.2	1 tsp	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.000
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.000
11578	Vegetable juice cocktail, canned	242	1 cup	3770.360
04582	Vegetable oil, canola	14	1 tbs	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	18984.610
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	7784.140
02048	Vinegar, cider	15	1 tbs	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	400.290
18367	Waffles, plain, prepared from recipe	75	1 waffle	171.000
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.000
09326	Watermelon, raw	152	1 cup	864.880
09326	Watermelon, raw	286	1 wedge	1627.340
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.000
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.000
20083	Wheat flour, white, bread, enriched	137	1 cup	2.740
20084	Wheat flour, white, cake, enriched	137	1 cup	0.000
20080	Wheat flour, whole-grain	120	1 cup	10.800
20089	Wild rice, cooked	164	1 cup	4.920
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	0.000
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.000

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01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	81.720
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	115.770
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	15.890
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	224.730